

BMI 101
Conducting Brief Motivational Interventions with College Students

Presented by George A. Parks, Ph.D.
Caring Communication

AGENDA

TIME	TOPIC
9:00 – 9:15	Introductions & Workshop Agenda
9:15 – 9:45	TOPIC 1 Brief Motivational Interventions (BMI) <ul style="list-style-type: none">• Spectrum of Alcohol Problems and Interventions• Definition and FRAMES Components of College BMIs• Goals and Impact of College BMIs• Types of College BMIs
9:45 – 10:45	TOPIC 2 College Student Motivation and Stages of Change <ul style="list-style-type: none">• What is Motivation and Resistance to Change?• Transtheoretical Stages of Change Model• Identifying a College Student's Stage of Change• 'Phasing' Interventions by a Student's Stage of Change
10:45 – 11:00	<i>Morning BREAK</i>
11:00 – 12:15	TOPIC 3 Motivational Interviewing (MI) with College Students <ul style="list-style-type: none">• Definition and Spirit of MI• Principles of MI• MI Strategies - OARS & E-P-E Cycle
12:15 – 1:15	<i>LUNCH</i>
1:15 – 2:30	TOPIC 4 DEMONSTRATION: Conducting a College BMI using the AUDIT
2:30 – 2:45	<i>Afternoon BREAK</i>
2:45 – 4:15	TOPIC 5 PRACTICE: Conducting a College BMI using the AUDIT
4:15 – 4:30	Wrap-Up, Next Steps